

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01222, Yogurt, chocolate, nonfat milk, fortified with vitamin D

Report Date: December 05, 2015 20:52 EST

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 71.57 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| Energy | kcal | 112 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated by manufacturer, not adjusted or rounded for NLEA | -- | 02/2009 |
| Energy | kJ | 469 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated by manufacturer, not adjusted or rounded for NLEA | -- | 02/2009 |
| Protein | g | 3.53 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated by manufacturer, not adjusted or rounded for NLEA | -- | 11/1996 |
| Total lipid (fat) | g | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated by manufacturer, not adjusted or rounded for NLEA | -- | 11/1996 |
| Ash | g | 1.37 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| Carbohydrate, by difference | g | 23.53 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated by manufacturer, not adjusted or rounded for NLEA | -- | 11/1996 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|--------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|--|---------|---------------|
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated by manufacturer, not adjusted or rounded for NLEA | -- | 11/1996 |
| Thiamin | mg | 0.047 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| Riboflavin | mg | 0.215 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| Niacin | mg | 0.223 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| Vitamin B-6 | mg | 0.047 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| Folate, total | µg | 12 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |
| Folate, food | µg | 12 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Folate, DFE | µg | 12 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2009 |
| Choline, total | mg | 15.2 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Vitamin B-12 | µg | 0.50 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin A, RAE | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2009 |
| Retinol | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2003 |
| Carotene, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2003 |
| Carotene, alpha | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|--|---------|---------------|
| Vitamin A, IU | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated by manufacturer, not adjusted or rounded for NLEA | -- | 11/1996 |
| Lycopene | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |
| Lutein + zeaxanthin | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 01/2003 |
| Vitamin E (alpha-tocopherol) | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2003 |
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 09/2004 |
| Vitamin D (D2 + D3) | µg | 1.2 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 03/2009 |
| Vitamin D3 (cholecalciferol) | µg | 1.2 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2009 |
| Vitamin D | IU | 47 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 03/2009 |
| Vitamin K (phylloquinone) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2003 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated by manufacturer, not adjusted or rounded for NLEA | -- | 11/1996 |
| 4:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| 6:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| 8:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| 10:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| 12:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| 14:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|------------------------------------|------|----------------|-------------|------------|-----|-----|----|----|----|-----------|-----------------------|---------|---------------|
| 16:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| 18:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| Fatty acids, total monounsaturated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| 16:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| 18:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| 20:1 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| Fatty acids, total polyunsaturated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| 18:2 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| 18:3 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| 18:4 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| Cholesterol | mg | 1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 11/1996 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 11/1996 |
| Caffeine | mg | 2 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/1998 |
| Theobromine | mg | 23 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/1998 |